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the Spectrum

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PRESENTING PRESIDENT PETILLO

Interim president appointed to lead university after five month search

Brittany Foy
Assistant News Editor

After a five-month nationwide search, the board of trustees came to a unanimous decision to appoint Dr. John J. Petillo as the sixth President of Sacred Heart University.

"Dr. Petillo was selected after an extensive national search," said Jim Morley, university trustee and chairman of the search committee. "It became apparent from our own efforts and the feedback we received from many sources both inside and outside the university that Dr. Petillo was the strongest candidate for the job. No one could equal his expertise and vision."

The decision was announced to the school community on Monday, March 28, via email.

"I am excited about the opportunity," said President Petillo. "It is a great opportunity to facilitate a culture of collegiality and transparency."

Formerly, Petillo was Dean of the John F. Welch College of Business at Sacred Heart and chancellor of Seton Hall University in New Jersey previous to that. Other professional experience includes working as chief executive officer in the medicine and insurance industries. For the past five months, he served as interim president after Dr. Anthony Cernera's resignation in the fall.

"I do think my time as interim president allowed me to listen and hear what members of the university community were saying and how they felt about what needed to be changed preparing us for the future," said Petillo.

Both Petillo and the trustees committee have set expectations based on the new President's record with similar positions. They said they believe his experience will help guide the university in the coming years.

"Not only does Dr. Petillo have an incredible background outside of SHU, he has a strong familiarity with



The Spectrum/Zack Lane

Dr. John Petillo has been named the official president of Sacred Heart after serving as the interim president for five months.

our community from within," said Morley.

Students said they share the board's optimism for Petillo's new position. Although many students said that they would miss former president, Dr. Anthony Cernera, they have confidence in the new president.

"I definitely agree with the board of trustee's decision to appoint Petillo as our new president. He clearly has experience at SHU being that he held the position in Dr. Cernera's absence," said sophomore Maria Tucker.

Senior Dave Gallo said he agreed. "I know a lot of seniors that were upset to see Cernera resign, but he needed to do what was best for him at the time. As for Petillo being named president, I think he was the best choice for the job. He clearly has a background being the President of other schools and can help further SHU with their goals

for the future," said Gallo.

Some faculty members said they are pleased with the committee's decision to appoint Petillo as president and have expectations for his new role.

"I am hoping that Dr. Petillo will take our university to the next level in terms of academic reputation and academic rigor. And I am convinced that he will do within the space of a very short time," said Dr. Gary Rose, chairman of the department of government and politics.

Moving forward, Petillo as high hopes for the future.

"I hope that I can demonstrate by my behaviors that servant leadership can be real and effective," said Petillo. "I am hoping that a culture consistent with our mission becomes easily recognizable to people as they work and visit here."

'American Idol' winner Lee DeWyze serenades SHU



The Spectrum/Zack Lane

Lisa Manente
Staff Reporter

The lights of the Edgerton Center at Sacred Heart University went down and instantly the entire packed auditorium rose from their seats.

A shadow of a person came onto the stage and the audience burst into cheers. When the stage lights came up and Lee DeWyze took center stage, camera flashes lit up the room and the decibel level reached new heights.

On March 23, Lee DeWyze, "American Idol" season nine winner, performed at Sacred Heart for adoring fans.

The show opened with DeWyze's opening act Jeff LeBlanc, who is a Sacred Heart alumnus.

Perhaps it was his ability to relate to the college age audiences that made him such a crowd pleaser. He told the audience that he was "good at writing break-up songs," and even shared that his inspiration for his song "Heal" was about "being broken up with over AOL instant messenger."

After LeBlanc's set was over it was time for DeWyze to take the stage.

"I watched 'American Idol' and I wanted him to win. My sister is also obsessed with him," said junior Ariel Sofio.

Sofio is not the only person who was in DeWyze's corner.

"I watched him on Idol and I voted for him," said freshman Tina Tramontano.

With no fancy lighting or effects, a guitar and an accompanying keyboard player were the only things that DeWyze needed to entertain the audience.

American Idol winner Lee DeWyze performed in the Edgerton Center on March 23.

See DEWYZE on page 8 ...

Connecticut's achievement gap addressed by ConnCAN CEO

Andrew Aleman
Contributing Writer

On Wednesday, March 30th Alex Johnston the CEO of ConnCAN (Connecticut Coalition for Achievement Now) came to Sacred Heart University to talk about the Connecticut's Achievement Gap, which is the largest in the nation.

Dr. Lesley DeNardis, political science professor and board member of Hamden School, said, "Connecticut has the highest achievement gap in the nation. The gap between the poor and the wealth is increasing, reaching a critical point."

ConnCAN is an organization that is advocating for reform in Connecticut public schools, through research, and communication. One of the goals is to inform the citizen and the push for policy changes. ConnCAN's mission statement states, "We will not rest until every Connecticut child, regardless of race or class, has access to a great public school."

Dr. DeNardis said that ConnCAN "policy activist efforts have been very steadfast, in bringing general education reforms."

The educational reform movement has been a hot issue in Connecticut and the Nation, for several decades. ConnCAN started in January 2005 and since then they have been focusing on a wide range of issues, from charter schools, to reform of ECS (Educational Cost Sharing) grant.

Junior Athalia Smith said, "I was aware that there was a gap between the poor and the rich. I knew this because I went to New Britain High, the only school in New Britain thus drawing in the rich and the poor. The higher you went up academically such as AP and Honors, the more there would be whites than minorities."

ConnCAN releases School and District reports on over 1,000 public schools from elementary to high school and over 160 school districts in Connecticut. Smith was not surprised when overlooking her school report card on the ConnCAN.org website. The report cards issued by ConnCAN lists performance gains, overall student performance, student subgroup performance, and the achievement gap along with demographics about the High School.

Sophomore Meaghan Duval, who participates in the Read Aloud program in Bridgeport, said, "I noticed that the children could not remember material learned the previous year after having the same teacher for two years in a Bridgeport elementary school. The problem of the achievement gap is an issue that is brushed under the rug in Connecticut. The issue is out there but people don't talk about it. The only place where the issues were talked about was in my sociology class at Sacred Heart."

The lack of awareness is one of the issues that ConnCAN is working on through their publications of report cards, and other forms of media such as social media. Alex Johnston, the speaker at Sacred Heart, goes around the country so far visiting over 18 different states and Washington D.C.

Junior Chinedul Nnodum said, "When I played volleyball, the difference between the high schools in Bridgeport to the rest of Connecticut would be huge, I would be amazed by the great difference. In comparing the high schools, Staples had the best availability of resources, while Bassick High School could not compete educationally with their resources. Upon graduation, and looking at my peers in Bridgeport, they were academically unprepared for the challenge of college."

Through efforts by ConnCAN and cases such as Sheff v. O'Neill, there have been programs established to help with educational gap currently in Connecticut which include busing, magnet schools and regional charter schools.

Senior Kasi Orłowski said, "I went to a vanguard school, Granby Memorial High School, in which the school hosted a program to allow Hartford students to attend High School in Granby."

The Choice Program, a result from the Sheff v. O'Neill case is one of the remedies offered to the Hartford area. The program is open to Hartford students, to allow them attend suburban towns with the purpose of improving academic achievement, reduce racial ethnic and economic isolation.

FELINE FEEDING FRENZY

Stratford Cat Project to help local homeless, neglected cats

Lauren Kalil
Staff Reporter

Are you a cat lover trying to help your feline friends in need? Sacred Heart University is holding a cat food drive that will benefit the Stratford Cat Project.

"The Stratford Cat Project is a wonderful organization that has helped many cats who would have otherwise been put to death, including one of my own," said Debra Danowski, interim chair of the department of media studies.

"They have a small group of dedicated volunteers who work very hard for the welfare of homeless and neglected cats."

The drive began on Thursday, March 24, and will continue until Thursday, April 7.

According to the Stratford Cat Project's website, they were founded in 2001 and are a volunteer organization that help abandoned cats. Their involvement includes rescuing stray cats, and providing veterinary care, food, and shelter for them.

All students and faculty are encouraged to drop off Friskies, Fancy Feast, Temptation Treats, or any brand

of scoop-able cat litter.

"This is our third year we're doing a food drive. The Sacred Heart community has always been generous in their donations and we're hoping that continues this year," said Danowski.

Drop off locations are in the Spectrum office, Administration room 240, and you can also drop the food off at the Cambridge campus.

"We generally need approximately 1,000 cans of cat food per month, 500 pounds of litter, and we also pay for all vet work for our cats. As you can imagine, it's a struggle each and every day," said Joanne Galante, vice president of the Stratford Cat Project.

Also according to the website, many of these cats have been neglected and abused. More and more cats are rescued by this organization daily, and donations will help provide necessity care to keep these cats alive and well.

"Our volunteers devote countless hours to taking care of kitties living in their homes, attending two adoptions per month and participating in our fundraising activities," said Galante. "While it is a lot of work, it is most definitely a labor of love."

Hoping for a negative outcome

Free, confidential STD screening offered in Pitt Center

Lauren Kalil
Staff Reporter

Sacred Heart University conducted a free and confidential STD screening on Wednesday, March 30 catering to all members of the school community.

The screening began at 10 a.m. and went until 2 p.m. in the Pitt Center Board Room.

"The title of this event is 'are you positive that you are negative,'" said Karen Flanagan, coordinator of peer education.

According to Flanagan, this event gives students an opportunity to get tested right on campus. The convenience of the location takes away the obstacles of trying to get yourself to a clinic, which ultimately makes it more likely for students to attend.

The STD screening required no payment or appointment. The Wellness Center, S.W.E.E.T. Peer Educators, and the Connecticut Department of Public Health sponsored the event.

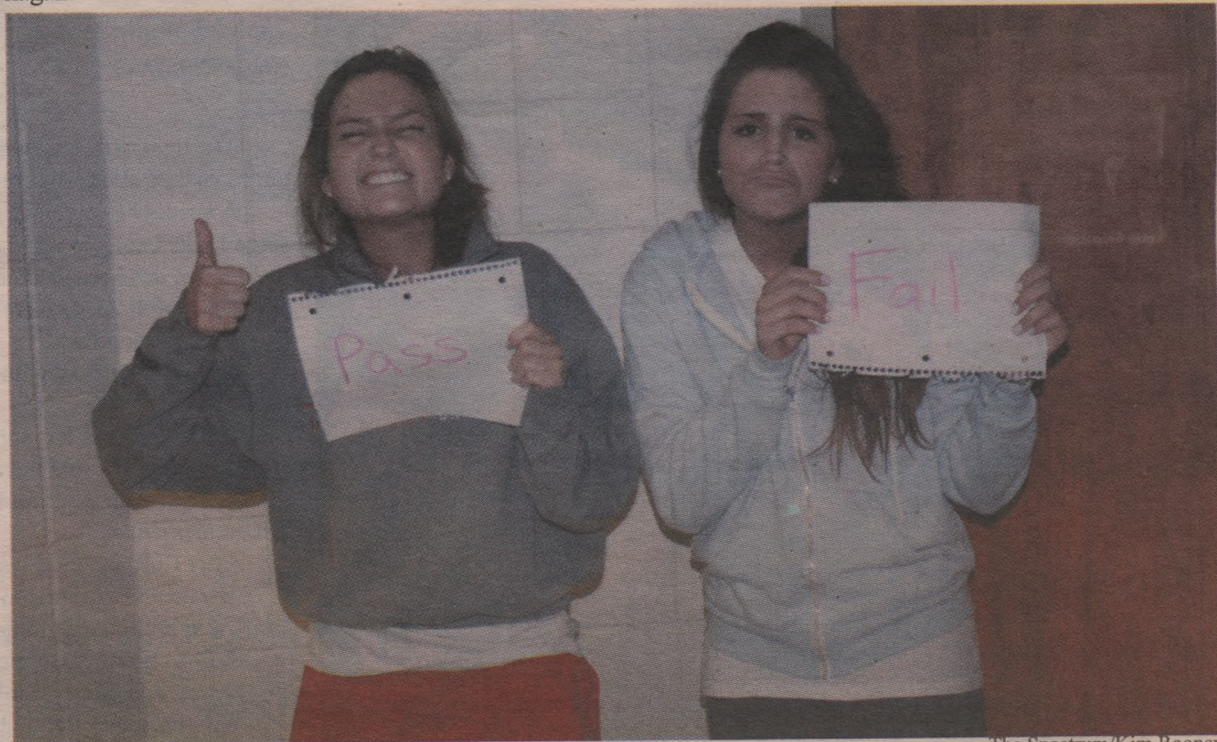
"The Department of Public Health travels to campuses all over the state to provide screenings on the day that they are on campus. If someone tests positive, the department will contact them directly and provide free medicine that can be dispensed through health services," said Flanagan.

According to Flanagan, this event has been at Sacred Heart for about four or five years. Each year a larger number of students attend, and last year about 80 students were tested.

"We want students to be responsible for their own wellness and health," said Flanagan. "This event is an educational opportunity that will increase awareness and help students learn about resources in their community that will help them stay healthy."

During the STD screening, free giveaways were available as well as educational information on the different types of diseases.

"The most common symptom is no symptom at all. For peace of mind, it's free, confidential, and affective. Knowledge is power, so here is your opportunity to get treatment, resources, and educational material," said Flanagan.



The Spectrum/Kim Rooney

Delaney Downing and Kameryn Downing hold up "pass" and "fail" signs in reference to the free STD testing that took place on campus on Wednesday, March 30.

IF YOU'VE GOT AN ISSUE, GRAB A 'KISS-U'

Sacred Heart alumna develops cup holder-friendly tissues now sold in stores

Brittany Foy
Assistant News Editor

Food, drinks, and texting are known distractions for drivers on the road. But grabbing a tissue from the conventional box on the floor could be just as dangerous as Amy Davis realized when she almost hit her neighbor's fence searching on the floor of her car. After this, she developed the idea of the Kiss-U Tissue Tube that fits into the cup holder of a car to save drivers the hassle of finding a tissue when in need.

"It went through a number of functional and decorative changes. It's completely different now. People were very generous with their thoughts and ideas to help me hone the product so that it can be marketed nationally."

-- Amy Davis, Sacred Heart alumna

"Amy Davis was a student in my MBA Marketing Management, MK 661, class about three years ago," said recently retired marketing professor Dr. Laurence Weinstein. "Each marketing class I taught at the university had a new product development semester project requirement. Every student had to come up with a new product concept that had to be a packaged goods product that could be found in any supermarket or pharmacy in the U.S."

As a mother, Davis has dealt with her children's seasonal allergies as well as her own for a number of years and recognized the need for this type of product.

"There were two instances when I realized this would be something that's useful to everyone. While trying to get a tissue from the box on the floor of my car, I nearly ran through my neighbor's fence. Second, when I took my dogs to the doggy park, they were all wet and muddy and trampled the tissue box on the floor rendering it useless. So

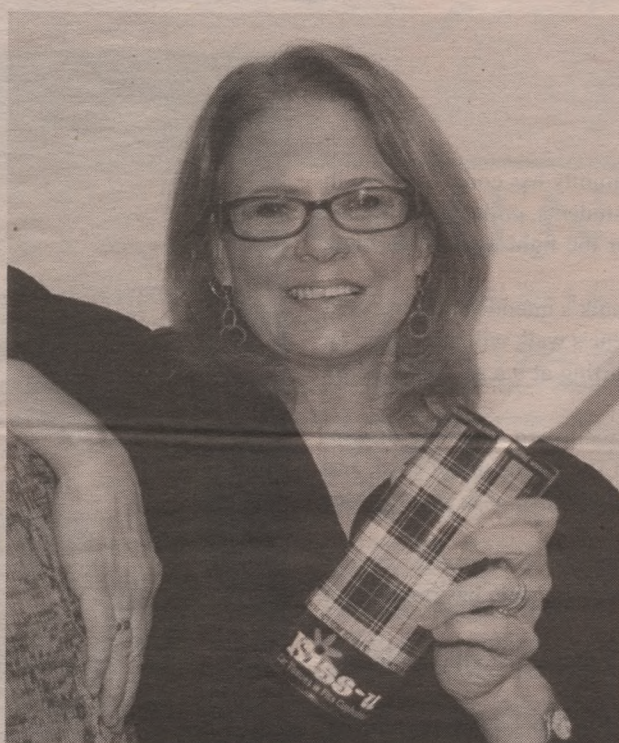


Photo courtesy of Amy Davis

Amy Davis holds the Kiss-U Tissue Tube that she developed while taking a Marketing Management class in Sacred Heart's MBA program.

I picked it up and noticed my coffee in the cup holder that was much easier to access," said Davis.

Although the idea was part of the assignment for Weinstein's class, Davis had been developing her concept for the convenient tissue pack before her time spent at Sacred Heart, and for many months after finalizing the details.

"Amy had been thinking about her Kiss-U Tissue concept before the semester began, then latched on to the concept as her submission for the project. I approved it and encouraged her after the course was over to patent the con-

cept, finalize the brand name and develop it commercially. We met a half dozen times over lunch following the end of the semester so she could hone her ideas for the product and move it forward," said Weinstein.

"I knew I wanted it to be a hard cardboard and needed to be big enough to hold a full size tissue. I think because it is refillable most tissue companies hadn't come up with anything like it. There was a similar product on the market but it wasn't a full size," said Davis.

Davis said that people have been very supportive throughout the process, giving her feedback and suggestions for marketing the product more efficiently.

"It went through a number of functional and decorative changes," said Davis. "It's completely different now. People were very generous with their thoughts and ideas to help me hone the product so that it can be marketed nationally."

For those students who wish to pursue careers in marketing and development, Dr. Weinstein said, "The advice I always gave students was to go see a lawyer and/or a patent attorney if they were serious about their product concept. I suppose few ever did, but I always heard from students who complained 'someone' had ripped off their idea because they had seen their product concept in the store or seen an advertisement for it."

Currently Kiss-U Tissue Tubes can be found in Walgreens nationwide and in Lupe's Pharmacy in Bridgeport and Fairfield. Davis has also contracted stores in Weston, Westport, and Stamford.

As for the future of Kiss-U, Davis said, "We have another run with Walgreens in September and we're going to get in to a routine with them to plan out products three times a year with seasonal designs for spring, fall, and winter. I'm working on contracts with CVS, 7-11, and have started initial conversations with Target. I'm also working on a Kiss-U wet wipe and Kiss-U mini that will be about 2/3 the size of a full sized tissue."

Reagan's presidency highlighted by Ed Rollins

Jordan Haas
Staff Reporter

At 5:30 p.m. on Tuesday, April 5 at Sacred Heart University in the University Commons, Ed Rollins will speak about Ronald Reagan's presidency. Rollins served as an aide to Reagan during his presidency.

"This forum will be a nice tribute as well as a way for people to learn more about our former President Ronald Reagan by his campaigner and close aide while Regan was running for office. Ed Rollins was close to Reagan and the information he shares will be informative for anyone who comes to this free event open to the public," said Dr. Gary Rose, chairman of the political science department.

Ed Rollins has worked with many presidents throughout his career, but is well known for his work with former President Reagan. He works with the Republican Party and will be speaking about the departed Regan and the contributions this former president made towards the United States.

"I believe that both Democrats and Republicans can come to this remembrance. This is so that all the students will be able to learn about Reagan. He helped end the cold war among many other things, which might have not happened with another president during that time," said Rose.

Not only has Rollins worked in politics, he was also a boxer and studied in a Catholic seminary. When he discovered and started working within politics, it turned out to be his future career.

"I have heard of Ed Rollins before but I am not sure if I can go to this forum because I have class. I would love to hear what Rollins learned directly from President Regan since he was close

with him. It would be nice to understand more about one of the best United States presidents in my opinion," said senior Mona Mawloud.

For Sacred Heart students to learn more about Reagan it may be beneficial to attend this forum. As students grow and evolve themselves within politics, attending lectures like these may be beneficial for their career and future voting tactics.

"I do not know much about this event but if I was not on sabbatical and I was free from work, then I would attend this event," said Dr. Steven Michels, associate professor of political science.

After Regan was elected, Rollins served as his political advisor for a number of years, and this is where Regan and Rollins became close within their work. This forum is all about Regan during his presidency and even before that to show his accomplishments.

"During this forum, Ed Rollins is totally focused on his years, as with Reagan and what events unfolded in that time. Rollins was working with Regan during his campaign and worked along side him for many years after, which will be good for our students and faculty during the question and answer period after he speaks to understand more about Reagan," said Rose.

This forum is for students and the public due to outside advertisement. Young adults have been very low within the percentage of voters and the change will only be seen in time.

"Maybe the 2008 election wasn't as profound as many people say with young voter turnout. Obama was such a phenomenon and I don't know if the euphoria has died down somewhat, but students should attend this if they can because Ed Rollins was and is still involved with major politics and campaigns, which is especially good for political science majors," said Rose.

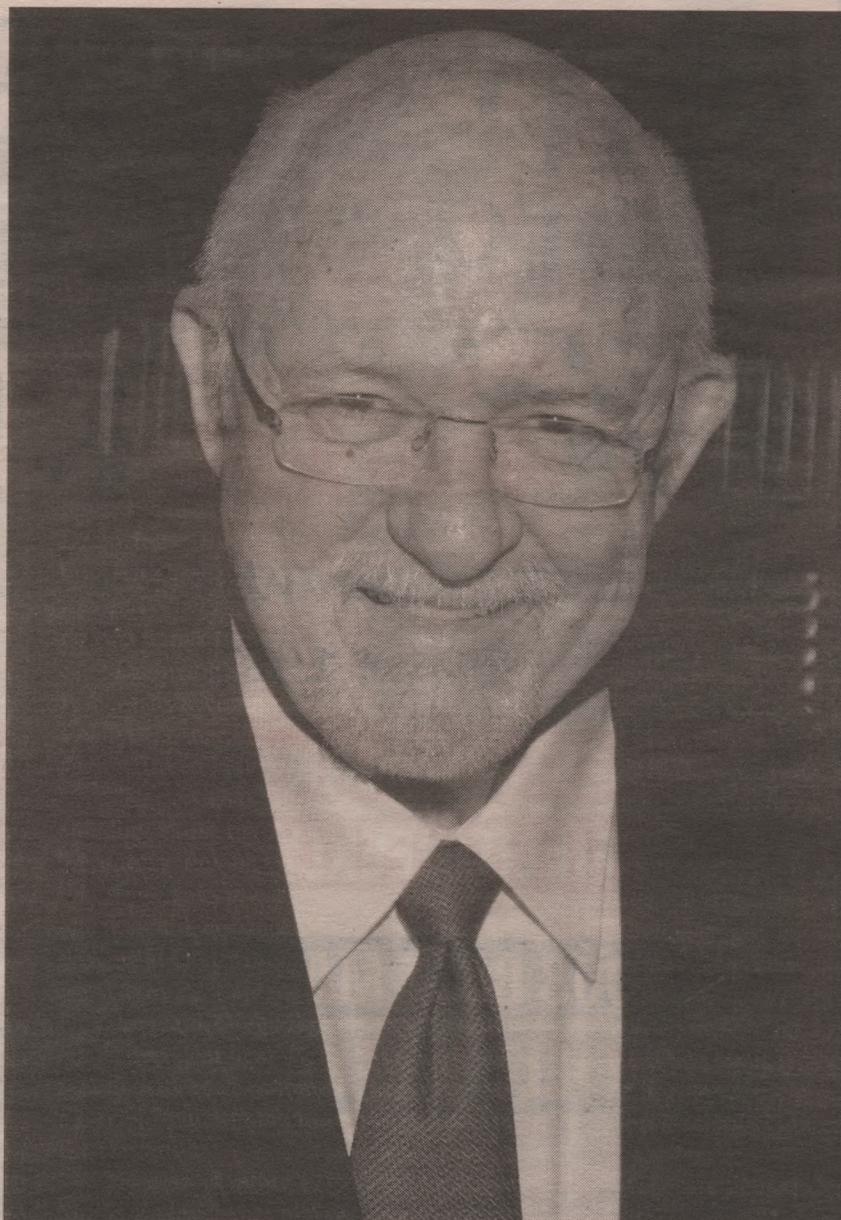


Photo courtesy of Tracy Deer-Mirek

Ed Rollins served as an aide to former President Ronald Reagan and will speak at Sacred Heart on April 5 to mark the birth of Reagan.

Sacred Heart comes together to stomp out MS

Alison Serpico
Staff Reporter

For the past six years, the Sacred Heart University community has come together in support of the prevention of a debilitating disease. Together students, colleagues, friends and families will walk together in a powerful movement for the fight against Multiple Sclerosis.

Created by the National Multiple Sclerosis Society, the walk's intended purpose is to raise money and awareness for combating the disease. This year's walk will take place on Apr. 5, at Sherwood Island Park in Westport. Registration starting at 9 a.m. followed by the walk at 10 a.m.

According to the organization's website, MS is "a chronic, often disabling disease that attacks the central nervous system, which is made up of the brain, spinal cord, and optic nerves," and produces symptoms such as numbness in the limbs, or in severe cases even paralysis or loss of vision.

"Sacred Hearts for HOPE" is a team that was put together by Leo Katsetos, associate head athletic trainer at Sacred Heart. Over the past six years, the team has raised over 120,000 dollars. This year, their goal is 10,000 dollars.

Katsetos is not only fighting to help others who have MS, but he is fighting the disease himself.

"After I was diagnosed in December of 2003, I joined the MS Society to educate myself and learn more about the disease and in the process found that there were ways that I could make a difference," he said.

The school community shows support each year by joining Katsetos in the initiative. The Sacred Heart athletic department shows its support by having most of, or at least one representative from each team participate in the event.

"The MS Walk is a great opportunity for our team to support a great cause," said senior women's lacrosse player, Elizabeth Drewhing. "Especially when it supports someone we know personally through Sacred Heart athletics."

Greek Life on campus also works to support the cause.

"Theta Phi Alpha participates as one of the many ways of showing our ongoing support for causes that are near and dear to us," said junior Meagan Lynch, president of Theta Phi Alpha.

"We like to help out in any way that we can regardless of our philanthropies. This is a cause that has continued to grow on our campus over the years and we just wouldn't feel right not supporting all of the people that MS effects every day," she said.

Katsetos and his team, with the generous support and donations of others, work towards one day finding a cure.

"I didn't want to just sit back and feel sorry for myself," said Katsetos. "So many people living with MS are dealing with much worse symptoms than me. I knew the more awareness I could raise may result in more money and bring us closer to finding a cure."

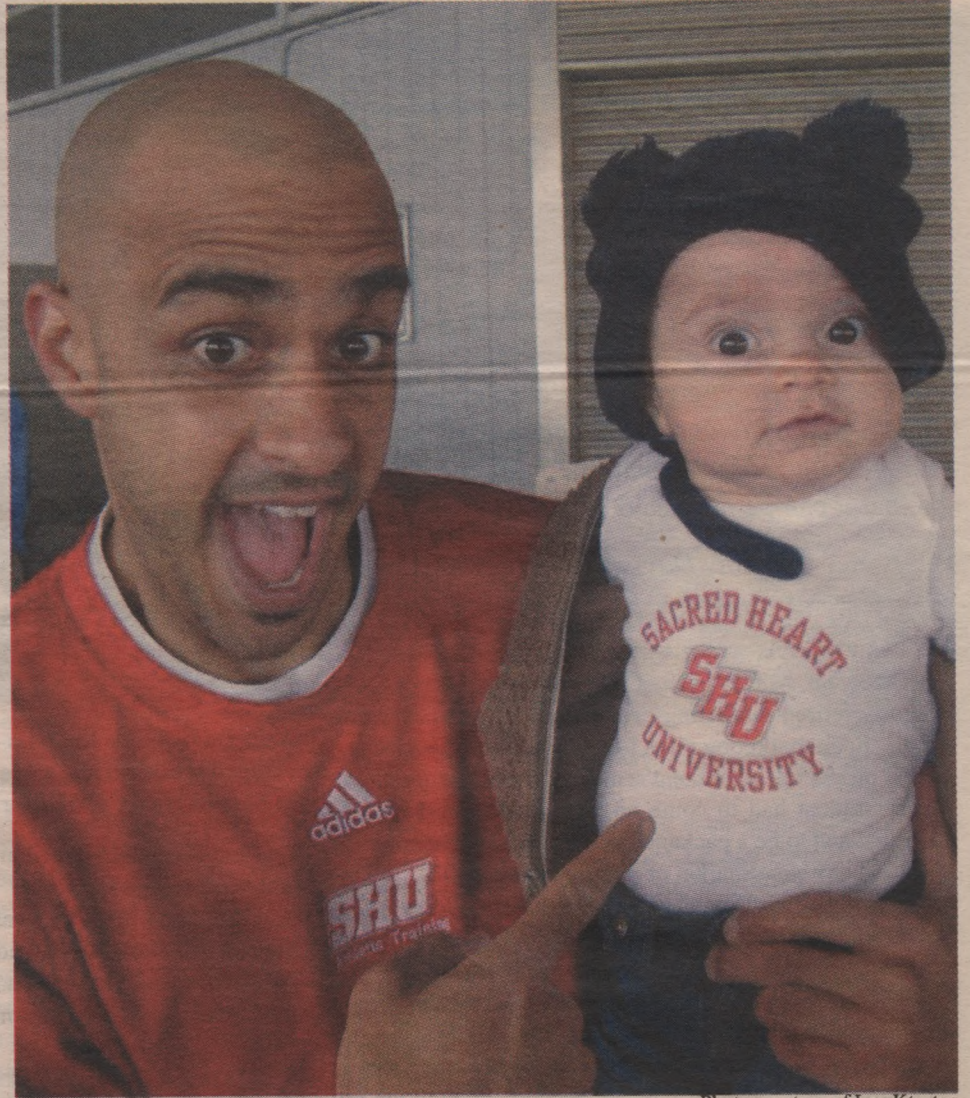


Photo courtesy of Leo Katsetos

Leo Katsetos, associate head athletic trainer at Sacred Heart, was diagnosed with Multiple Sclerosis and coordinated the MS Walk that will take place on April 5.

The team has currently raised over \$2,000 of the \$10,000 they wish to make. If you would like to donate and/or register for the walk, you may contact Leo Katsetos via e-mail at KatsetosL@sacredheart.edu, or call his office at 203-396-8353.

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Liberal arts' place in a scientific world

Tyler McKeon
Staff Reporter

A recent article in Newsweek magazine assembled a list of the highest paying fields in which college students can major. The list ranged from engineering to information systems, but a liberal arts major could not be found on the list.

The lack of monetary success that a Bachelor of Arts has in the future job market poses the question of whether or not majoring within the liberal arts is a waste of time or not.

Senior Kelly MacGillivray doesn't seem to mind that her psychology degree doesn't appear on the list.

"Psychology can be used in so many different aspects of work," said MacGillivray. "I am starting grad school right after graduation in May to get my master's in elementary education and plan on becoming a teacher."

A fellow psychology major, senior Tim Lewis has similar plans after getting his degree, hoping to eventually become a guidance counselor or school psychologist.

The education field seems to be a popular choice amongst students with a B.A. suggesting that maybe a student's choice to study in these fields are for other reasons besides making money.

"Teaching for me is something I have always wanted to do," said MacGillivray. "I know that I will be happy doing it. For people that choose business, math or sci-

ence I feel like most of the time it's for the wrong reasons, like money."

While this may be true for some, this doesn't necessarily mean that all students that major in business or science are only doing so to make money.

Senior business administration major Will Veix gave his reasons for pursuing a degree in the business field.

"I've always been interested in the corporate business world," said Veix. "I think it just serves as good general knowledge that is useful in life."

The misconception that students pursuing a Bachelor of Science degree are only interested in money seems to have caused a divide between liberal arts students and science and business students.

"I definitely think a divide exists," said Veix. "I feel like they're two entirely different ways of learning and thinking. I don't think you don't approach liberal arts with same mentality as business."

Lewis agrees that with the two different subject matters comes two different approaches to learning.

"I feel like there is definitely a divide between the two," said Lewis. "In business classes, if something isn't right, it's wrong. It's very black and white as opposed to psychology where there are different approaches for each issue."

"There isn't really a right answer. It's more about how you arrive at the answer than anything and I think that results in a different way of thinking from other ma-



The Spectrum/Sean Elliott

Science majors tend to be more highly paid than art majors.

jors."

According to Raynard Kington, President of Grinnell College in an editorial in the Huffington Post, the role of liberal arts colleges is to spark social change.

"In many respects, a liberal arts college is the ideal environment for cultivating people inclined towards positive social change, as it requires individuals to be keen observers of the ways things are now, curious questioners of why and how things came to be and bold visionaries of what a different, better world could look like in the future," said Kington.

Some students however have a different method of comparing the two.

"The big difference is probably the guy to girl ratio between liberal arts and other majors. My psychology classes consist of mostly girls with a few exceptions," said MacGillivray.

With the success that B.S. degrees are showing in the job market, some wonder if liberal arts major's are a dying breed.

"I don't think they're a dying breed. I think they've just slowed down," said Lewis. "I feel like [business and science majors] might just be over populated because of the increased interest over the past 10 years or so, but I think there will also be options available to people who graduate with a B.A."

Highest paid majors for the job market

Select majors available at Sacred Heart University

Engineering

Economics

-business economics major available

Physics

-physics major available

Computer science

-computer science and information technology major available

Statistics/math

-mathematics available

Biochemistry

-biochemistry concentration available under a chemistry major

Construction management

Finance

-finance major available

Information systems

Geology

source: www.education.newsweek.com

Cracking the code you don't want to break SHU students reveal truth about girl code, guy code, 'bro' code

Amanda Rivera
Staff Reporter

"That's against the code." And guys and girls alike know what that means. No questions asked.

As far as guy code or girl code are concerned, most Sacred Heart University students are quite certain about the universal rules of how their respective gender is supposed to treat each other. But what exactly does "guy code" and "girl code" entail?

"Girls try to stay away from other girl's men," said junior Melissa Macdonald. "We try to avoid putting ourselves in those situations. That's why I think girls stick to that code. At the end of the day who else do we have to fall back on? We always have our girl friends; guys come and go."

So while some students understand the value judgment behind it, junior Melissa Cole has the insight into how to be girl code savvy before leaving with friends for the night.

"You always find nice things to say about the way your girl friend looks when you are going out as a group," said Cole. "You never point out negative aspects of how your friend looks. Keep things positive. Even if it is a criticism, you always try to present it in a positive light."

Adding into the collection of rules, senior Ashley

Amemdola points out how to behave yourself in a girl-code-appropriate way while out with your girl friends.

"Don't go to the Page and make out with a guy that your friend just told you she likes," said Amemdola.

Though a code may exist and be known by all, not everyone follows the rules.

"Guys don't seem to follow it when it comes to girls," said Macdonald. "For instance right now I have a guy who is trying to talk to me who knows that I'm friends with his girlfriend. It's a violation of my girl code."

There are certain things that you would never do to a friend of the same gender as you and according to sophomore Sasha Stein, friends of the same gender always come first.

"If you are really good girl friends with somebody and you have to choose between hanging out with them or your boyfriend, you would choose your girl friends," said Stein. "The same goes for the guys. They should choose their guy friends over their girlfriend. It's the code for both sides. Friends come first."

While women have girl code, the men have both guy code and bro code, or so it is believed.

"You learn guy code from birth. You learn to put down the toilet seat because there are ladies in the house," said freshman Jordan Aglieco. "Bro code you learn starting in high school. For example, you don't date your bro's

ex, but this, like many other bro rules, comes with stipulations."

According to junior Ryan Menge, bro code and guy code are a lot more similar than most might think.

"There isn't a difference between guy code and bro code," said Menge. "You are more likely to do more for your bro than you are to do for a random guy."

The bro code has taken a leap into mass media with "Bro on the Go" by Barney Stinson and Matt Kuhn. This 130-page booklet gives bro code advice - on the go.

According to junior Ben Ketchum, bro code is not concretely definable.

"Bro code is its own unique code that no one else understands but a bro," said Ketchum. "It's as simple as that. Words cannot describe it. It is on its own level."

While guy code and girl code might have their differences there is one rule that goes for both genders.

For Aglieco this means both genders understanding that a code exists for the opposite gender.

"It would be a double standard to ignore the opposite gender's code. It would be ignorant to think that only one exists and not respect the other," said Aglieco.

This article has been contributed to by Perspectives Editor, Kelley Bligh.



The Spectrum/Sean Elliott

Some students, like junior Eddie Kennedy, are active and passionate about recycling on campus.

Students get active about their passions

Hannah Ackerman
Staff Reporter

"One, two, three, four we won't take it anymore!"

OK, so maybe not every Sacred Heart University student is standing outside to picket sign for his or her cause. However, many have proven that they have something to say.

You may have heard that the younger generation is both politically and socially unaware. Well, Sacred Heart students are showing that they are not only informed, but they also care and are actively trying to make a difference.

"I know that the majority of Sacred Heart students care," said sophomore Mike Wright. "Just take a look around this campus, at any given time and there will be multiple organizations trying to raise awareness for a variety of causes. Over spring break, Sacred Heart sent around 130 students to do service projects not only nationally but also globally."

Students on campus have made a commitment to an array of different social and political issues.

Seniors Lauren Merriam and Leah Richards dedicate their time to speaking out about education issues and raising awareness for the homeless and substandard housing, respectively.

Junior Eddie Kennedy shows a passion for the need to recycle.

"By recycling now, we can make a huge difference on global warming and the amount of natural resources we have left," said Kennedy. "I think every single person can make a difference and everyone should be trying to [do so]."

Speaking out for your cause is just one way that you can spread the word. Junior Crystal Rogers has committed her time to making small steps to make a difference.

"I do many small things, like trying to buy locally or from family farms instead of factory farms. I frequently sign petitions, and participate in voting as

well," said Rogers.

"Also, I love going to rallies," he said. "I went to 'Out Fest' in Philadelphia and to the 'Rally to Restore Sanity and/or Fear', just this year."

Even on campus, students are taking action not only by talking about different concerns they have, but also raising money to help aid different global and social issues.

"I try to make a difference to fight back against homelessness and substandard housing by being involved in Habitat for Humanity," said Richards. "I have been able to educate others, advocate for the cause, help fundraise, interact with families and take part in the actual building of homes for families."

Off-campus, senior Amanda Francini works with AmeriCorps in the Bridgeport school system. She finds it important to empower youth by instilling in them the belief that they can make a difference.

"One of the things our office does is try to create youth leaders. We want them to stand up for the injustices that they encounter not only inside of their schools, but outside as well," said Francini.

Sacred Heart students are speaking out. Whether it's inside or outside the classroom, many have devoted themselves to raising awareness.

"Sacred Heart students care. It is obvious when you look at all the organizations that are here on campus that focus so much on volunteering and community service," said Kennedy. "We absolutely care. So many students are involved in the numerous clubs that have been established to fight various social problems."

With so many issues drawing students' attentions when it comes to making a difference, do students believe they really can make a change?

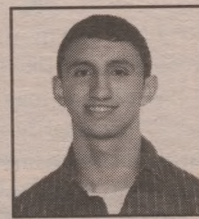
"I do think that it is possible to change issues larger than myself, because I may not be able to change the world, but I am able to change someone's world," said Wright.

HE SAID/SHE SAID

Can guys and girls ever just be friends?

Esteban Rosales

He said



Guys and girls can often be better friends with each other than they can be with a member of their own gender. If physical attraction and chemistry are involved, there can be potential for the two to progress past the parameters of friendship. However, if the two get along and there is zero physical attraction between them, then either one of them against his or her choosing, or both of them mutually, enter into a place called the friend zone. You have to keep in mind that it really depends on the situation, but, as long as both have self-control and mutual respect, there is nothing preventing a single guy and a single girl from being friends.

Something that can prevent the two from being friends is if, for example, the guy falls for the girl, but the girl has him chained to the platonic pole in the friend zone, and then he does the unthinkable: makes a move. And you all know what happens next... rejection.

Another situation would be if they both were very attracted to each other, and neither of them had morals or self-control. The two will most likely hook up without first getting to know each other in the safety of friendship, and enter prematurely into a relationship that is doomed to fail. By that time, the thought of being friends will sound very weird, because they were never friends in the first place. They skipped straight to the physical stuff before even knowing so much as each other's middle names.

A practical obstacle that may hinder a single guy from being friends with a single girl, is that... well, how do I put this? She's a girl! There are certain issues a woman cannot talk about with a guy friend, because he simply would not understand. A girl is not going to talk to her guy friend about her period.

This goes both ways. There are also certain struggles men go through that a female friend would not understand due to lack of a Y-chromosome. The two genders have a broad hormonal spectrum of difference. Yet, the contrast does not stop the two from being friends all together, but only slightly affects the range of issues, which the two can relate upon.

I believe that the differences between men and women are essential as to why the two need to be friends, and why they often are. The New Living Translation Bible says, "As iron sharpens iron, so a friend sharpens a friend." Being sharpened is often painful, and we all know that in friendships with someone of the opposite sex can at times be painfully awkward, due to painful honesty. But it's those relationships that shape us, and sharpen us into more understanding and well-rounded people.

Your female friend might teach you to be more open with your emotions, and sensitive to the emotions of others. Your guy friend might teach you to be tough and not allow people to take advantage of you.

We need a good balance between male friends and female friends in order to be balanced ourselves, and when it comes to dating, and marriage: Don't sleep on the friend zone, because the thing about iron sharpening iron... sparks fly.

Andrea Gorkofsky

She said



The topic of whether or not a girl and a guy can "just be friends" will forever be controversial. There are some who will right away say, "It's impossible" and then there are those who will say, "My best friend is a guy!"

Due to the variety of situations that many have when it comes to this, there is not necessarily a right or wrong answer. In my opinion though, yes it is possible for a girl and a guy to just be friends under the right circumstances.

The first thing I thought of when approaching this issue was the movie "Just Friends." This movie defines the rule of when it is time to realize you are indeed, not just friends. Chris and Jamie were best friends in high school, but Chris always loved Jamie. She dated all the wrong guys and Chris was her crying shoulder, never having the guts to tell her how he feels. Years later they meet again, and Chris still feels the same way. So, while the movie is called "Just Friends," they really are not friends.

Here is where the friendship line is drawn. Even though Jamie did not have these feelings back for Chris right away, there is no way they were ever really friends. You cannot be friends with someone of the opposite sex if you have feelings for them that go beyond a friendship, especially if the other person does not feel them back.

In fact, it is a bizarre way of torturing yourself. Watching this person you call "just a friend" date a million different people, secretly hoping one day he'll wake up and realize he should be dating you is anything but pleasant.

Doing this is not really having a friendship because secretly you have romantic intentions. If this is you (and I do believe this situation exists in a lot of cases), be true to yourself. Tell your "friend" how you feel and take their response like a champ and move on, or wake up and realize you are not true friends in the first place.

There is another situation where I believe a girl and a guy cannot be friends. This is if you ever really loved someone you used to be in a relationship with. How can you just be friends with someone you used to have such strong feelings for? I see a lot of guys and girls who used to date that are still very good friends. I used to think it was weird, until I realized they must not have ever been in love in the first place.

But you cannot go back and just be friends with a guy who, at one point, was everything to you. Sure, it is not fair that now all your relationship with this person is a quick "hi" with a peck on the cheek, but going beyond the "hi" and faking a friendship is even harder.

So besides these two situations, there is no reason why a girl and a guy cannot be friends. Most of my good friends are boys, and I can say with confidence it is a mutual friendship for both parties with no loving interest. I think girls need to have guy friends just as much as guys need to have girl friends.

We can learn from the opposite sex and it may ultimately help us out in the romance department.

A TUNE A DAY KEEPS THE DOCTOR AWAY

Alyssa Scott
Managing Editor



Music and I began our partnership at age three when I learned to dance. However, it wasn't until I felt the wood floor under my toe shoes that I realized just how strong that partnership had become. As a dancer, I was merely a marionette to the rhythms and emotions that vitalize dance as an art.

While mastering the proper footsteps always deemed necessary, the more incessant need for me to tell a story through the connection of movement and music allowed me to escape into an untouchable realm, euphoric to the

mind and body as well. Even though I hung up my collection of dilapidated point shoes a few years ago, I still hold strong to my admiration for music and its ability to take me away from the day to day cacophony that sometimes seems inescapable.

While my devotion to music might not be as relatable to most, everyone connects with music on some level. Though song emerges through a bond between the musician and his instrument, the universality of music allows all of us to tap into melodic confessions through rhythm, lyrics and compelling harmonic arrangements.

With a variety of music filtering through popular culture today, people can plug in their headphones and find their own meaning in song. And we are encouraged to do so. Even after thousands of years, our primal longing to

engage with rhythm still provides a soothing synchronization between the heart and mind.

To exemplify my point, a Japanese study, which was most recently revealed to the American Heart Association, deemed music, along with laughter, to be a contributor in lowering systolic blood pressure. Without delving too deeply into the study, the group who participated in bimonthly sessions of jokes or music saw results in comparison to the control group who made no such engagements and saw minimal results.

As we enter into the hectic spring schedule of finals and exams, think of ways to incorporate music into your everyday routines as a remedy to stress. Turn on the radio and dance in your car. It really doesn't matter who's watching, and you'll be healthier for it.

Entering the real world: Proceed with caution

For many of us, our lives will change this May. It is the month when students traditionally graduate from college after completing a four year bloodletting of money, labor and irreplaceable time, and then transition onto an unfamiliar path. Unfortunately, the national average of teenagers entering college and completing a bachelor's degree is only slightly in their favor.

There is certainly a wide variety of reasons why students are increasingly unlikely to graduate and taking more time to do so compared with earlier generations, but that's a topic for a different editorial. As a senior doubtful of his own graduation I only know for certain that the phantom known as the "real world" is fast approaching.

The real world. I don't like the phrase, and I can't help to think of the scripted reality series on MTV that shares the same name. But there in a nutshell lies my



Frank Morrone
Asst. Copy Editor

point. Our impending departure to the real world that so many people speak of is something of a myth because we've always been there. Just like the television series, the real world is a blend of reality and script.

I hear the argument often, something along the lines of college being compared to a dreamlike state. My friend's grandmother thinks it's absurd whenever I complain about my academic struggles. "Just sit quietly and take notes, study a lot and do your homework, you kids don't know how lucky you have it," she says in the movie reel of my imagination. If only it were that simple.

Of course I don't think it is. My midterm papers were due the same week I interviewed for a teaching position in

Korea. It was an overwhelming time preparing for the future while still functioning in the present. It was easy to forget that my last semester was just as important as any other. It turns out senioritis isn't an expectable excuse for missing assignments.

My studies this semester require my focus on the ethics surrounding issues like birth control, the writings of St. Augustine, the epistles of Paul and...well you get the point, while my mind has frequently been elsewhere. I wonder about the world outside the confines of Sacred Heart and life apart from the bureaucracy of academia I've known virtually my entire life.

My life as a college student, and after I leave with or without diploma in hand, has always been part of the real world. The script certainly changes, and like different seasons of the television show, the location often does as well. So I'll play my part as the student, the professional, or possibly the college drop-out (gulp) on that same grand stage that Shakespeare compared the world to, and take it like I do now... one day at a time.

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The Spectrum
5151 Park Avenue
Fairfield, CT 06825

Office Phone 203-371-7963
Advertising Line 203-371-7828
Fax Line 203-371-7828

EDITOR'S CHOICE

Favorite photos taken by your Spectrum staff



Sean Elliott
Assistant Photography Editor

I took this photo during a Sound Tigers game in early March and got Brandon Svendsen taking a slapshot against the Manchester Monarchs.



The Spectrum/ Zack Lane

American Idol winner Lee DeWyze came to Sacred Heart University on March 23 wooing the audience with his heartfelt songs about love and heartbreak.

ONE-ON-ONE WITH 'IDOL'S' LEE DEWYZE

Lisa Manente
Staff Reporter

Before Lee DeWyze took the stage in the Edgerton Center at Sacred Heart University, Spectrum got an exclusive interview with the star himself. During a phone interview on March 21, DeWyze told Spectrum about his time on "American Idol," about writing his own music, and what he has in store for the future.

Before you decided to audition for "American Idol," had being an artist always been your dream?

I was playing for four years before. The music industry is so hard to get into. I figured I'd take a chance, and get an in.

Besides winning, what was your best memory about being on the show?

The fans. As the show continues you gain

more support.

Do you keep in contact with any of your cast mates?

Andrew Garcia, Big Mike a little, but I've been so busy.

What has been your best experience since 'Idol'?

Making my own album, being able to write and getting it out there. I consider myself a songwriter too.

Why was it so important for you to co-write 10 of the 11 songs on your album?

Mostly I like to feel connected. I connect better when I know where it's coming from.

What genre of music would you most preferably classify your music as? Did you have any musical influences?

Folk rock pop. Dave Matthews, Ben Harper,

just songwriters, and good live singers.

Do the lyrics from the songs that you have written come from real life experiences?

Every song is from an experience. Even before 'Idol,' I wrote about things that I know about.

Did any of the songs you wrote before 'Idol' make it onto your album?

A couple melodies and lyrics made the album.

If you could chose one artist to collaborate with whom would it be?

Mumford and Sons. I really feel that kind of music, it's nitty gritty.

What are your plans for the future?

An official tour, a new single. Music is my main driving force.

DeWyze packs Edgerton, has 'time of his life' at Sacred Heart

...CONTINUED from page 1.

"I'm excited. I am a big fan of 'American Idol,'" said junior Mike Twerago.

The first song DeWyze performed was "Earth Stood Still." The audience knew all the words and sang along and soon a sea of cell phone lights broke out.

The set list continued with about 10 songs and covers including the title single of his current album "Live it up" and a cover of "Hallelujah," which he earned praise for when he performed it on Idol.

"'Hallelujah' was my favorite part of the show," said Tramontano.

Appropriately for the March snow falling outside, DeWyze performed his song "Brooklyn Bridge," whose lyrics are, "like looking up on a summer's day and seeing snowflakes falling down."

But the cold weather didn't seem to put a damper on

the excitement of DeWyze's fans in the crowd. Consistently through his set fans called out "I love you Lee" to the performer, in which he responded, "I love you too" to almost every one.

During the night DeWyze showed that he not only has musical talent but a relatable personality as well. During his set he had to clarify to the audience that he was drinking a root beer on stage and not an alcoholic drink.

"I really like root beer," said DeWyze after taking a sip. While performing his new single "Beautiful like you" a string broke on his guitar, which he told the audience was a good thing because it meant, "something was happening."

During his encore performance DeWyze showed his appreciation for Sacred Heart fans by inviting them all up to the front of the stage. "I'm having the time of my life,"

he said.

DeWyze may have had a blast jamming with Sacred Heart students but was the feeling mutual?

"I loved it," said freshman Kelly Dean. "My favorite song was 'Sweet Serendipity.'"

Others felt similarly.

"I loved it too. This is not the first time that I have seen him in concert. I saw him on the Idol tour too. I already bought all his music," said Tramontano.

Before the audience left they got to take home a memory from the show.

As the audience left the Edgerton Center they made sure to get back their tickets to add to their scrapbooks to remember the fun night they had with the "American Idol" star.

Student showcase artwork at annual show

Megan Pulone
Staff Reporter

After putting countless hours into their pieces of art, student artists hope to land a spot on the gallery walls at Sacred Heart University's annual Student Art Exhibition.

The three-week long event officially began on Sunday March 20, at the Gallery of Contemporary Art.

At the opening reception, not only were pieces to be put on display chosen, but awards were given out accordingly.

"Each year the students submit their works to be judged by jurors that the department of graphic design and visual arts choose," said Sophia Gevas, the director of the Gallery of Contemporary Art. "These jurors choose 60 works in any media."

After 250 student submissions, only a few were chosen to hang for display on the walls of the gallery.

Apart from the numerous submissions, the pieces vary from paintings, to both intermediate and advanced illusions, as well as graphic designs, among others.

"We are given different assignments throughout the year and we are required to do our own research to create original pieces," said junior artist Jessica Geraghty. "Most students take their own pictures to reference and with the skills we learn in the illustration and graphic design classes we use adobe programs such as Illustrator, Photoshop, and InDesign."

Although the event showcases a wide variety of pieces for art enthusiasts, as well as fellow students and faculty members alike, the student artists themselves have already found their favorite pieces, which are currently on display.

"My favorite piece in the show is probably the self portrait I did, 'Heaven Help Me,'" said junior artist Kelly Gilleran. "It makes me laugh because I have a bit of a God complex I guess."

This year, much like years in the past, represents the best work done throughout the past two semesters, in which the artists could receive the first, second, third place honorable recognition awards, which are given out in each category.

"It is definitely an honor to have my artwork showcased each year," said Geraghty. "This year, I won second place in advanced Illustration for a piece I worked very hard on."

Even as it may take many hours, days and even months to complete a piece, students not only recognize the time put into the artwork, but question where the inspiration is drawn from to create a piece.

"I pull inspiration from a lot of different sources,"



The Spectrum/Sean Elliot

The student art exhibit is on display until April 12.

said Gilleran. "Typically with meanings in my work I start with something personal, and try to morph the meaning into something more accessible to a bigger audience."

The works will continue to be on display in the Gallery of Contemporary Art until Tuesday, April 12. At the end of that day, the Art Expo will be held in the Edgerton Center for Performing Arts, where award winning author and director at STIM Graphic Design Studio, Timothy Samara, will bid farewell until the 2012 show.

"Each year there is new talent that is nurtured and we see students' works developing throughout their time here," said Gevas. "They will only continue to grow and I anticipate that we will hear about their works after they have gone on to develop their careers."

YouTube star Rebecca Black makes 'Friday' something to sing about with online viewers

Bill Haug
Staff Reporter

"Seven a.m., waking up in the morning. Gotta be fresh, gotta go downstairs. Gotta have my bowl, gotta have cereal." Is this the description of someone's morning, or the opening verse to the pop song that is taking over YouTube?

Thirteen-year-old YouTube sensation, Rebecca Black released her single "Friday," on YouTube on Feb. 10, and now has just under 63 million views. The song was available for purchase on iTunes on March 14.

According to CNN.com Black's name was one of the most popular topics on Twitter for two days.

The Twitter posts and comments under the YouTube video were not complimentary.

Billboard referred to the song as "Straight out of Auto-Tuned hell." Billboard also said that the song is "viral for all the wrong reasons."

Commenting on the tune of the song, senior Edward Aliaga said, "Anybody who comes up with a song can get famous now, just by having connections. You can be completely superficial artist in this country, all you need is auto tune and an outlet."

YouTube is becoming a way for aspiring musicians to get their music out to the public free of charge.

"I've only seen the video once, it is almost as bad as Justin Bieber," said freshman Vinny Ebenau.

Justin Bieber made his claim to fame when his mother posted videos of him playing the drums and singing on YouTube. With some help from Usher, Bieber found his way to stardom. According to MTV.com, Black would love to work with Bieber.

Black's help came from her mother. According to Forbes Magazine, Black's mother paid Ark Music Factory \$2,000 dollars. This was not a waste of money, as their family was able to make \$20,000 dollars off of 30 million views on YouTube.

The song takes you through the journey of a weekend, as she talks about the fun she has on Thursday, Friday, Saturday, and Sunday.

"The fact that she goes through every day like no one knows the days of the week, and made a song about it, and on top of that is famous, is just plane said sad," said sophomore Sara Gerrity.

On the "comment" section under the YouTube video the comments written about "Friday" have been negative, and according to The Los Angeles Times, Black was quoted on Good Morning America saying "At first, when I saw all these nasty comments, I did cry."

Black has gained some celebrity followers including the hard to please Simon Cowell, and Lady Gaga. According to TNT Magazine, Lady Gaga was quoted saying Rebecca Black is "fantastic."

"A lot of people have heard this song because they think its ridiculous and it is not quality work," said Campus Minister Sarah Heiman. I would not be proud of this work as an artist, but it is intriguing that she had someone who believed in her enough to bring that whole production to life."

MTV.com also said, "In addition to the YouTube success, the song is being downloaded on iTunes, which reportedly pays 70 cents per single download, meaning that Black and her team could make upwards of \$1 million."

Black's single "Friday" can be purchased on iTunes, as well as heard on YouTube.



Are Audiences afraid of the big bad wolf?

Mari Brown
Contributing Writer

Little Red Riding Hood, you sure are looking good... especially in the new movie that retells the famous scary childhood story with a new-age twist. "Red Riding Hood," starring Amanda Seyfried as Valerie, tells the story of a young woman in love with her childhood crush, Peter, played by Shiloh Fernandez. He, in turn, loves Valerie, despite her arranged engagement to another man.

What seems to be a medieval romance taking place in a lush, hidden forest quickly turns into an edgy, haunted story that keeps viewers on the edge of their seats.

A werewolf living in this quaint town is on a killing spree, murdering several members of the village, including Valerie's sister. While the townsmen attempt to discover the true identity of the werewolf, more drama ensues when the men go out hunting the beast.

While the town celebrates the death of what they thought was the werewolf, Valerie and Peter sneak off for a romantic scene in the hay. With his crooked smile and captivating hazel eyes, Fernandez steals the heart of movie-goers, as well as Valerie's.

When more murders occur, an outsider holy man, Soloman, played by Gary Oldman, comes to town, with knowledge and experience with these enchanted creatures. Missing the mark on a "holy" attitude, Oldman seems to be more of a dictator as he barricades the town, announcing the fact that one of the townsmen had to be the werewolf. With this announcement, the accusations begin.

As the werewolf continues to haunt the town full of suspicious people, Valerie discovers a secret she never knew she had—the ability to understand the werewolf while in its animal form. When her secret gets out, Valerie is called a witch and is isolated by her friends and fellow townsmen. For such a shocking secret and harsh punishment, the filmmakers downplayed the importance of Valerie's secret and the possible reasons for her having such an ability.

However, the plot thickens as the slaying continues, and several of the characters seem as though they could be the big bad wolf.

Not sticking to the exact script of the original story, the characters pulled off the performance as best it could be, especially the two young lovers. With Seyfried's big, blue eyes, long blonde hair, and snow-white skin, she plays her role just as flawlessly as she looks. Fernandez plays a mysterious, rugged young man perfectly, portraying a misunderstood character looking to prove the world wrong.

While the outcome of the movie is fairly unexpected and the love story takes a few unforeseen turn of events, the makers of Twilight turned the classic story of Little Red Riding Hood into an enchanted love story interrupted by a werewolf. The part of the story that held truest to it's original plot? Valerie's bright red cloak, making Seyfried's character stand out among the crowd.



Warnerbrothers.com

Amanda Seyfried falls for the big bad wolf.

Get Reel gives Red Riding Hood



'LITTLE SHOP OF' TALENT

Spectrum profiles Sacred Heart's latest rising star of the stage

Allison Bennett
Staff Reporter

Juggling theater responsibilities, working toward law school, and being a member of a fraternity are not usually things associated with one person.

Sophomore Paul Cappadona, the male lead in the theater arts program's production "Little Shop of Horrors," is an exception.

"I never realized how much I love it," said Cappadona.

"When I got here I fell in love with acting," he said, "but if that doesn't work I would enjoy going to law school and becoming a lawyer."

Cappadona is not only a lead in the show, but also helps with set production and advertising.

"If I'm not in class I am there in the theater," said Cappadona.

"Whatever needs to be done I ask if anyone needs help and I do it."

Other members of the cast recognize that Cappadona has invested a significant amount of time into the production out of dedication to see it succeed.

"You can really see the massive amount of energy Paul puts into theatre at every moment of the day," said junior Lynn D'Ambrosi.

"He really loves what he is doing and it shows in his performances."

This is above what is expected from the cast.

He has given a lot of his time and energy to get this production on its feet in a short time," said senior Lindsay

McGrath.

"If everyone contributed the way Paul does, we'd probably only need a week of rehearsal time."

Bonding for any team is a significant part of its success. The cast and crew of the production is a cohesive team that Cappadona loves being a part of.

By bringing his skills from other aspects of life, he is able to help the cast bond.

"Sometimes when you are working with people who are strong willed it is good to step back and let them take the lead," said Cappadona.

"This is something I learned at camp, step back because if this person really needs to get their opinion across it can help them and the entire group."

His experience working at a summer camp provided him with new ways to team build and work with people and shaped his work ethic.

"Since Paul is playing the lead character, he has to be the rock on which we all stand," said McGrath. "And he is doing a fabulous job."

His experiences also prove to be useful in stressful situations.

"Stress is high days before the show and Paul is always there to put a smile on our face and relieve the tension, while performing to perfection and behaving in a professional theatrical way," said D'Ambrosi.

"Paul is the one to bring us all back to reality."

Some cast members feel that his attitude and personality has helped them advance their skills.

"Neither one of us read music very well and we both learn by performing and doing the motions, so it

helps to have another person just talking it all out," said D'Ambrosi.

"It's nice to know that while I'm struggling with my music and dancing, Paul can be an ear, to listen and understand."

Acknowledging his faults and laughing at himself are parts of Cappadona's personality.

"Paul will be the first to admit that he has two left feet, while I have been dancing my entire life, I'm on the dance team, so you can only imagine us attempting to tango together," said McGrath.

Others note his humorous nature and ability to make everyone laugh.

"Paul is one humorous experience after another," said D'Ambrosi.

"He is the person I can always count on to brighten my stressful days. He has such a positive attitude about everything that you can't help but smile and laugh."

Those closest to him are inspired by his efforts.

"Not only do I want to make sure I make him look good, but I want to make sure I look good for the sake of the show he is putting so much effort into," said D'Ambrosi.

"I think a lot of the ensemble and supporting cast look up to the leads with such thoughts, but with Paul, I truly want to work myself up to his level and be the best I can be with him as inspiration."

Although he is involved in many other activities, theater is held in high regard.

"Theater is my life," said Cappadona. "I love it every aspect of it."



The Spectrum/Zack Lane

Sophomore and male lead in the spring theater arts program's production of "Little Shop of Horrors," Paul Cappadona takes a break from his busy schedule to pose for the Spectrum.

Spring brings time for fun in the sun

Meridith McLoone
Staff Reporter

Although Fairfield just recently got hit with snowy weather, signs of spring have started to appear. As the weather gets warmer, students at Sacred Heart University will begin exploring the world outside of their dorm rooms.

"Personally, when it gets nice out I like to take a hike with my dog at the Cascades-Mohegan Trails Open Space over in Fairfield," said senior Brendyn Sullivan.

The Fairfield Cascades is a 170-acre park with two main trails. The yellow trail follows the perimeter of the space and is 2.5 miles long. The red trail is 1.6 miles long and follows the edges of Lake Mohegan and Mill River.

"It's a nice place to go for a hike with friends on a nice spring day," said Sullivan.

Another option for a spring day trip is the Beardsley Zoo, which is located in Bridgeport. The zoo is open everyday from 9 a.m. to 4 p.m. and features over 300 animals that represent species in both North and South America. Adult admission is \$11.

"Going to the Beardsley Zoo is the perfect getaway from campus and is an inexpensive way to spend the day," said senior Leah Richards.

Fairfield Beach is a popular option for those looking to catch some ray on the warmer days.

With many nearby places to grab a quick bite to eat such as Firehouse Deli, Pink-

berry, Robeks, and Archie Moores, the beach is among one of Sacred Heart students' favorite spring spots.

"My favorite time of year is when the weather gets warm enough to head down to the beach with all of my friends and see a bunch of familiar faces," said senior Alyssa Yerger.

If you are in the mood to go on a mountain hike, Sleeping Giant Mountain is located across the street from Quinnipiac University in Hamden.

The trails up Sleeping Giant are more difficult than the Fairfield Cascades, so get ready to burn some calories.

Also known as Mount Carmel, the mountain has a high point of 739 feet and the peak features a stone observation tower overlooking the views of the Mill and Quinnipiac Rivers.

"Climbing Sleeping Giant with friends is worth the trip," said senior Kelsey Shine. "My favorite part is when we reach the top all tired out and we sit on the top of the mountain with our packed lunches."

For students looking to get active, the SportsCenter, located in Shelton, features a mini golf course, driving ranges, batting cages, laser tag, bowling, and an indoor arcade.

The SportsCenter is the perfect place to go on a fun date or with a group of friends for some entertainment.

"I go to the SportsCenter when I want to have a fun date with a girl or to practice my golfing skills on the driving range on my own," said senior Sean Brown.

Clubs attempt grab attention in new ways

Shawnee Zyskowski
Staff Reporter

The daily ritual of deleting email after email is not foreign to students at Sacred Heart University.

"I get way too many mass emails," said sophomore Deanna Stocker.

Stocker refers to global emails, which are emails distributed to the entire university on behalf of a club by their advisor. These emails are limited to advertising events only and, unless special permission is warranted, cannot be about meetings.

"All club meetings will be on the 'Today's Events' website located on the Sacred Heart University homepage, if ERF'd properly," states the event planning checklist handbook, distributed by the council of clubs and organizations (CCO).

Clubs are allowed to send three emails per event they are advertising -- one a week before the event, one the day before, and one the day of the event.

"The limit to how many emails can be sent out per event is set to regulate the number of emails that students are receiving daily," said Stephanie Valentino, the vice president of CCO. "And to ensure that students are taking the time to read their emails before deleting them."

The overabundance of emails sent to students creates a challenge for clubs, as they now must formulate new techniques to get noticed.

"Let's face it," said junior Lynn D'Ambrosi, who works on the advertising for the theater arts program (TAP), "emails get deleted before they are even opened most of the time."

"TAP tries to get the word out there through other means," she said.

According to the CCO handbook the other means available to clubs consist of balloons, with a limit of 15 per club per day, the banner space outside student union, and flyers that can be hung on a designated bulletin board after being stamped with approval.

But clubs are not limited to just these tactics.

"We are always encouraging new creative ideas for getting the word out there," said Valentino.

Clubs are taking full advantage of the chance to show off their creative side.

"Our marketing director has recently filmed and written a commercial," said senior Emilie Latainer, who is working hard to ensure the best buddies event "Wheelchair Madness" goes off without a hitch.

"It will be played next week," she said.

Technology can be an asset to advertising on campus.

"Best Buddies Connecticut developed a web-site for us that doubles as both a registration site and advertisement," said Latainer.

More interactive routes for their advertising can also be chosen.

"Most of our advertising comes from the TAP Booth," said D'Ambrosi.

D'Ambrosi refers to the door across from student union where the theater arts members sit at a table to advertise their events.

"Our little door is always open selling tickets and giving out information about our upcoming events," said D'Ambrosi.

There are many advertising options available for those looking to market events.

"Clubs are allowed to use the bulletin boards inside the Chartwells Dining Hall, the banner spaces outside of Student Union, the Display Case in the Main Hallway, the radio station, social networking sites, and bulletin board spaces throughout the hallway," said Valentino.

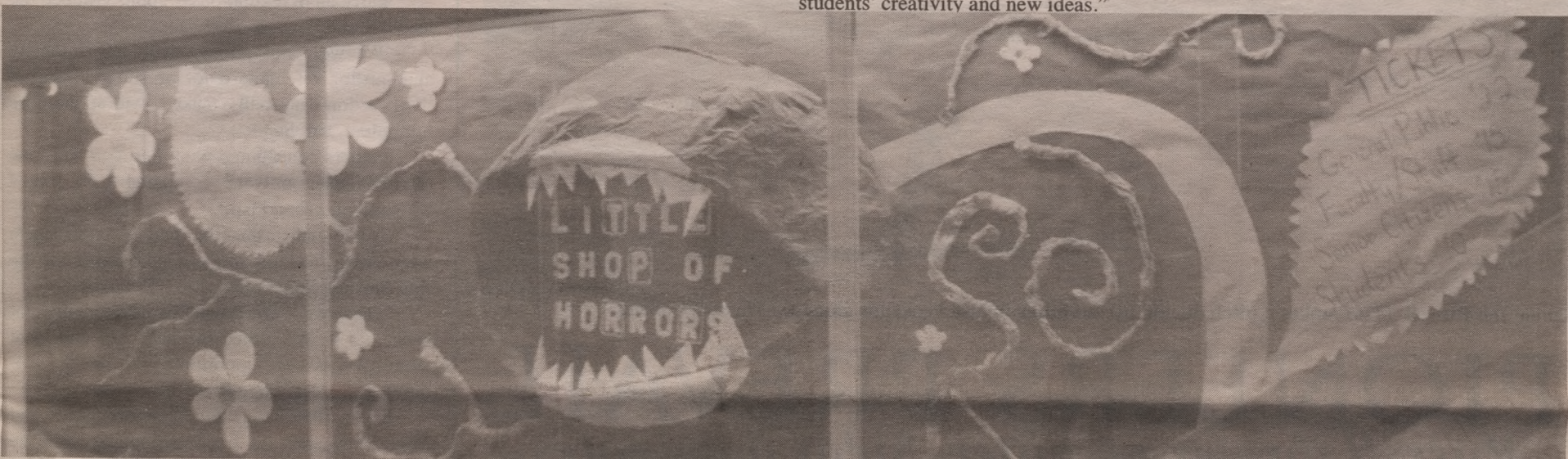
"Clubs are allowed to be as creative as they want in terms of advertising," she said.

Some are already using new and imaginative methods.

"To promote the upcoming show, the Improv Troupe performed in the hallways," said D'Ambrosi. "It was amazing."

However, it is advised that creativity should be used with sense.

"If any new ideas seem questionable it is always important that clubs check the Student Activities Office if it is allowed," said Valentino. "Otherwise, we don't want to limit students' creativity and new ideas."



The Spectrum/Megan Pulone

JAIL N' BAIL BACK TO PUT STUDENTS BEHIND BARS

Samantha DeFalco
Staff Reporter

"I was minding my own business when I got a knock on my door by Public Safety telling me I'm going to jail," said junior Meghan Kelly, who was one of the many students that took part in last years "Jail N' Bail" event.

For most students it was surprising to find out that their fellow classmates and friends had paid \$5 to get them arrested.

"My roommate had gotten me arrested, and the reason was studying too much," said junior Brianna Giovanni.

Once bail is set for the arrested individual, they are sent to a "jail cell" where they must call family and friends to bail them out.

The event last spring was very successful, and many enjoyed seeing their fellow classmates in jail waiting to be bailed out.

"The judge, which are a series of cops who volunteer in different shifts set my bail to \$100," said Kelly.

The volunteers who took part in this event were set up all around campus.

"We had mobile command centers, mounted patrol officers, motorcycle officers, canine officers, corrections officers, public safety officers," said John Kichinko, public safety officer.

The "jail" was set up on the patio behind the main dining hall, and those arrested had to face the panel of judges.

"It was nerve-wrecking sitting there awaiting my bail. I was hoping it would be a low amount so one of my friends could bail me out immediately," said Giovanni.

Kichinko was the man behind all the madness.

"Last year the event was just awesome," he said.

"It really brought the entire university community together from the students to top university administrators."

The second annual Jail N' Bail event will take place on April 6 from 9 a.m. to 5 p.m. The event is hosted to help raise money for the Special Olympics Conn.

"The event last year was very successful and for our

first time doing it we were able to raise almost \$13,000," said Kichinko.

For this years Jail N' Bail event Kichinko has enlisted the participation of the Fairfield Police Department, Connecticut State Police, the Fairfield University Department of Public Safety, the state Department of Corrections, as well as the Bridgeport, Stratford, and Trumbull police departments.

Preparing for this event takes time, and a lot of work.

"Getting ready for this event is very stressful," said Kichinko.

"I've had to contact many law enforcement agencies that are going to be involved."

Not only is Kichinko responsible for the preparation of this event but as are the sisters of Theta Phi Alpha.

"They have enlisted most of their sisters to work the event to guide our law enforcement partners around to serve warrants and help in any other way that is needed," said Kichinko.

Something different from last years Jail N' Bail event is that this year the state police will bring to campus its B.A.T. (breath alcohol testing mobile unit) this will be used to raise alcohol awareness.

To thank all of the volunteers for participating in this upcoming event, "the Chartwells food service has been just wonderful by supplying food and beverages for all of the many volunteers that work the event," said Kichinko.

Though the "jail" of last year's event was successful, this year it's going to be bigger and better.

"The university Campus Operations Department has been just awesome," said Kichinko.

"Not only did they build our jail for the first event, they are now making it even bigger because we all know we are going to need the extra cells."

Kichinko plans to have a big turn out for this year's event and hopes to raise \$20,000 for the Special Olympics charity.

"I look forward to this event and believe the students, faculty, and other staff will rise to the challenge," he said.



The Spectrum/Zack Lane

Chris Mastrocola looks sad after being arrested at last years "Jail N' Bail" event hosted by public safety.

SCOREBOARD

Saturday, March 26

M. Lacrosse
St. John's - 15
SHU - 7M. Tennis
SHU - 4
Monmouth - 3Softball
SHU - 4 / 7
Wagner - 0 / 1
Doubleheader

Sunday, March 27

W. Lacrosse
SHU - 18
St. Francis (PA) - 9Baseball
SHU - 4 / 8
Long Island - 1 / 9
Doubleheader

Senior Jen Russell (#26) makes a pitch during her no-hitter in last weekend's game vs. Wagner College.

The Spectrum/Sean Elliott

PIONEERS PREVAIL

Russell throws no hitter, Sidor dominates

Ryan Hannable
Asst. Sports Editor

The softball team opened their home portion of the 2011 schedule in style by taking three out of four games over the weekend. The Pioneers swept a doubleheader versus Wagner on Saturday, and split a doubleheader with Siena on Sunday.

Senior pitcher Jen Russell was the star of the weekend, as she fired a no hitter in game one on Saturday, leading Sacred Heart to a 4-0 victory.

She also was the tough luck loser in game one on Sunday when the Pioneers fell 3-2 in eight innings. Over the course of the weekend she tallied 20 strikeouts in the two games.

"Jen's no hitter was awesome. I'm really happy for her and she is a great leader in the pitching circle," said sophomore pitcher Nicole Sidor.

Russell was simply outstanding on Saturday. Her only blemish came on a walk in the second inning. She finished the day with eight strikeouts.

The Pioneers got all the offense they would need in the bottom of the first when junior Liz Tsipouras belted a two-run home run. Senior Taylor Froelich scored after she led off the inning with a double.

Sacred Heart added a run in the third when senior Courtney Lee scored on a throwing error. They would get their final run in the fourth inning when senior Shannon McCoy doubled, scoring Sidor.

The Pioneers carried the momentum over to game two as they earned a convincing 7-1 victory. Sidor was the winning pitcher as she dominated the Seahawks. She only allowed one run on

five hits and finished with 16 strikeouts.

Offensively, Sacred Heart had a well-balanced attack. Junior Alyssa Garza had two RBI's and freshman Annie Dreher went 3-3 and also had two RBI's. Freshman Erin McAndrews had a pinch hit two-run double as well for the Pioneers.

Sacred Heart was excited to finally get to play at Pioneer Field and battled the elements to earn the sweep.

"It was really exciting to finally play at home since our first home game was cancelled on Wednesday due to snow. It was absolutely freezing but we were all mentally tough and came prepared for the games," said Sidor.

The Pioneers returned to Pioneer Field the next day to take on Siena for two games. The result wasn't nearly as good as the day before, as Sacred Heart earned a split in the doubleheader in two very competitive games.

Russell returned to the circle a day after her no hitter, and followed it up with another solid performance, but it was not enough as the Pioneers fell 3-2 in eight innings.

She went all eight innings and gave up three runs on nine hits. She struck out 12.

Sacred Heart entered the seventh inning up 2-1, but Siena battled to tie the game at two and force extra innings and then added the winning run in the eighth.

Froelich led the Pioneers offensively as she hit a two-run home run, which were the only runs the Pioneers would get.

Sacred Heart bounced back in game two of the double header and defeated Siena 3-2, in another exciting game.

Sidor earned the win as she pitched

four scoreless innings, and finished with five strikeouts. Freshman Taylor Lane closed the game for Pioneers securing the win.

Tsipouras once again had a solid day at the plate as she finished with three hits and added an RBI. Junior Carley Rudloff had two hits as well.

Freshman Jade Bowins belted a triple and the scored the eventual winning run in the fifth inning.

"I felt relieved and excited after I scored after my triple to take the lead. It was so exciting playing in my first home games at Sacred Heart, but I was very nervous as well," said Bowins.

Sidor, likes the excitement in playing in close games.

"The closer the game the more exciting it is and the more reason I love playing. They require your utmost focus and skill which is nerve racking but it is what we all work for," said Sidor.

For her efforts over the weekend she earned Akadema/NEC co-pitcher of the Week honors for the second consecutive week. Sidor had two victories and compiled 21 strikeouts.

"Receiving this award was really exciting because I've been working really hard on my different pitches so to be recognized for the hard work I've been putting in feels great," said Sidor. "It also acts like a stepping stone telling me that I'm on the right track and that I'm putting out my best for the team".

Sacred Heart returned to the field on Wednesday for a doubleheader with Stony Brook. Results were unavailable as of press time.

The Pioneers return to Pioneer Field this weekend for doubleheaders on Saturday and Sunday taking on Monmouth and Mount St. Mary's.

Men's lax falls to Red Storm

Jason Trueblood
Staff Reporter

The Sacred Heart Pioneers' men's lacrosse team traveled to Queens, NY last weekend determined to increase their dwindling record to the 500 mark. However, the St. John's Red Storm had other plans.

"We came out flat, defense we were really slow on our slides, and we just didn't play well," said sophomore defensive player Pierce Bradley.

The Pioneers, now three and five, fell to the Red Storm, 15-7 last Saturday afternoon.

Early on in regulation St. Johns grabbed the lead 3-1 and never looked back.

"We were not playing with any intensity and hustle. We made a lot of stupid mistakes that we don't normally make," said sophomore midfielder Tim Sanders.

Sanders contributed with a ground ball, one of the Pioneers only 12, compared to St. John's 27 captured ground balls.

By the end of the first quarter the Pioneers were down 6-3 and still had no answer for the Red Storm's fierce offense.

"Once we were down we never really got back into it. We turned the ball over and gave them a lot of easy opportunities to put the ball into the net," said Sanders.

Bryan Badolato, the sophomore attack and Mike Mawdsley, the freshman attack, were the two bright spots for the Pioneers.

Badolato had three shots on goal, two of which were goals, while Mawdsley had six total shots, with three of them finding the back of the net.

"We never gave up, we kept of fighting, but we had dug ourselves into a deep hole from that start and it was too much to overcome," said Sanders.

Going into the final quarter the Pioneers trailed St. Johns 14-5, with the game all but over.

Junior midfielder Aaron Lupo recorded the last goal of the game at the 2:12 mark in the fourth quarter to solidify the games final score of 15-7. Lupo had three shots on goal, but only one of them was able to get past the Red Storm's goaltender.

"They just got a lot of shots in front of the net and we can't expect our goalie to make those types of saves, we have to help him out. We didn't really make any runs either, we are a team that normally scores in bunches and we didn't do that today," said Bradley.

The Pioneers are now on a three game slide, losing their previous two to Denver and Hartford.

However the Pioneers have a chance to regroup and get ready for league play as they take on Wagner College, this Saturday April 2.

The game will be played on Campus Field with a start time slated for 7 p.m.

"We have a full week to prepare for these guys, we have a full week of practice and we just have to work hard. We can do it, we just have to put in the preparations and we will be good to go," said Bradley about the upcoming match against the Seahawks.

The Pioneers will host three straight NEC opponents before they play their last two regular season games at Quinnipiac on April 23, and at Robert Morris on April 30.

"Today was simply a game of being intensity. We had no intensity and we haven't had it for a while and our record is the result of that," said Bradley.

GAME OF THE WEEK

Saturday, April 2

Men's Lacrosse

Sacred Heart Pioneers vs.

Wagner College Seahawks

Campus Field, 7 p.m.



DAY IN THE LIFE: WOMEN'S LACROSSE

Ryan Urso
Staff Reporter

Balancing a Division I athletic career and schedule to some may seem impossible. However, for Jessica Ingrassi of the women's lacrosse team, it is not so bad.

Knowing how important the season is, Ingrassi, a senior at Sacred Heart took the initiative to get a head start on her academics.

"Approaching my senior year I had taken almost all of the classes and credits necessary for graduation so it was pretty easy to schedule my senior year fall and spring semesters with just a few of the classes left to take," said Ingrassi. "I have classes in the morning that go no later than 12:15 and then practice is from either 3-5 in the afternoon, or 2-5 if we have lift or film beforehand."

Academics are a major part of a college student's life. However, so is the social aspect.

Being in season is a time where many people believe that athletes lose touch with their social life. Senior Elizabeth Drewhig disagrees.

"Being in season definitely takes a majority of our focus to the field. We spend extra time on the field before and after practice working on individual skills

or concepts to better ourselves," said Drewhig. "We stay at school on spring break as well as Easter break so our team really spends a lot of time together doing different activities. Although we spend so much time together, we have a great group of girls so we have a great time."

Spending the majority of the time with her team, Drewhig does not feel it is a burden to her or her social life. The team is very close and it makes going to every practice an enjoyable experience.

With the past success of the women's lacrosse team, reigning three time Northeast Conference champions, expectations are high. No one knows that better than head coach Laura Cook.

"Being picked number one in the pre-season poll carries a lot of pressure with that, obviously the team and coaching staff would love to be the first team ever in the conference to win four straight NEC titles and that is our main goal," said Cook.

"We also have short-term goals for each game that will hopefully help us get to our overall goal."

Cook has seen many different types of teams in her years here at Sacred Heart. Entering her 12th season here, Coach Cook describes this year's team in three phrases.

"This team is extremely talented,

never gives up, and has a drive to win," said Cook.

With the team's talent, drive and never-give-up attitude, they hope to capture a historical fourth straight NEC title.

The team thrives on senior leadership along with the coaching staff. Senior Nicole Messina is a main component of that leadership. Putting the team ahead of herself, Messina looks to help her teammates in anyway possible.

"Being a senior, I've definitely changed my routine to meet the needs of the team. I make sure that I am at every practice and always-giving 110% on and off the field because I want to be a good role model for my younger teammates," said Messina.

"I know that each of our seniors has the same outlook and we have all changed our routine's to be the best leaders we can be. The teams' needs must come first, it's never about individuals and we truly believe that as captains."

With great leadership from both the coaching staff and senior captains, the women's lacrosse team is set on rewriting history.

The Pioneers head to Quinnipiac tomorrow afternoon at 1 p.m. for the step in the journey towards their goal.



The Spectrum/Zack Lane

Nicole Messina (#30) advances down field

Men's volleyball snaps losing streak, defeats Stevens Tech

Morgan Mireski
Staff Reporter

The Sacred Heart men's volleyball team put an end to their five game losing streak after a 3-1 win against the Stevens Ducks.

"We played well, they were a good team and it was a good win," said sophomore Frank Howard. "It was nice to get out of the five game losing streak."

The Pioneers went 25-17, 25-17, 28-30, and 25-17.

"The games we won were easy, but the third set was a really well played match by both teams," said Howard.

Sacred Heart had a season high of 14 blocks.

Senior Roger Parent contributed 14 kills and a .490 hitting percentage for Sacred Heart.

Overall, Sacred Hearts hitting percentage of .306. Senior Craig Harvey had a stand out 14 balls, which was the match high.

Sacred Heart started the game off with a quick five points in the opening set.

However as the game advanced, Stephens responded keeping the game close with a score of 13-12.

The Pioneers pulled away 22-17 on freshman Enzo Mackenzie kill. Mackenzie had nine kills overall. The first set ended 25-17.

"We are starting to get into the end of the season so it is nice to head into a week with a win," said Howard.

The second set was close as Stevens made the game 8-8 based off Sacred Heart

errors. The Pioneers were quick to recover scoring 11 of the next 13 points.

"We played really well this match and everyone was feeling good about the game overall," said Howard.

The Pioneers took a 10 point lead after an ace from junior Mike Kolman, there were eight aces overall in the match.

Sacred Heart had a striking .500 hitting percentage. Taking the second match to a score of 25-17, making it one set away from a win over the Ducks.

As the third set approached, the Ducks stepped up. Jonathan Landis from Stevens landed 16 kills to put the Ducks ahead 14-11.

Sacred Heart responded with at 15-15 score off a three person block.

There were 12 more ties before either team showed a two-point lead. The frame ended 29-27 for Stevens Tech. "The third set was a really well played match by both teams," said Howard.

Going into the fourth set, The Pioneers won four straight rallies to make it 7-3.

"We played really well in this match," said Howard. "We wanted to put and end to the streak."

Senior Tim Sadowski led the Pioneers with 38 assists and three kills. Sacred Heart put an end to the set with Stevens. The match would end up 25-17.

With six games remaining in their season, the Pioneers plan on making it to the EIVA tournament. Their next match is tomorrow, April 1st in a home match up versus Harvard.

The opening serve is slated for 7 p.m.

PHOTO OF THE WEEK



The Spectrum/Sean Elliott

Senior Jessica Ingrassi passes the ball to her teammate in last weekends game.

Former Pioneers display their talents for NFL scouts

Archer and O'Brien look to get noticed by NFL

Blake Campbell
Staff Reporter

Silence engulfed the field as each competitor impatiently waited for their opportunity to impress the scouts. In what could be their last audition for a chance to continue their respective football careers, each athlete reflects on the training and technique required to perform at their highest caliber.

NFL pro days are held annually at universities around the country during the months leading up to the NFL draft in April. The nation's top athletes are evaluated on various physical and mental tests in front of NFL scouts with hopes of making a name for themselves.

"It's an opportunity for scouts to evaluate kids that are looking to get into their profession. It's certainly the numbers aspect of it, but I think they're looking to see how you are as a competitor," said Paul Gorham, head coach of the Sacred Heart football team.

Athletes participate in a number of events including, but not limited to, the 40-yard dash, bench press, vertical jump, broad jump, and three-cone drill. They are also examined for exact physical measurements including height, weight, and length of arms and size of hands.

"For individual colleges, you have to have a way in. You're allowed to compete in them if the school is within the state you go to college or in your hometown," said Gorham. "The biggest one is the NFL combine in Indianapolis, which is by invitation only."

Former Sacred Heart running back and Florida native Marcel Archer participated in a pro day held at Florida International University in front of scouts from the

Carolina Panthers, Oakland Raiders, New York Giants, and San Diego Chargers.

In his senior season with the Pioneers, Archer accumulated a total of 1,265 yards rushing and receiving combined, while scoring 16 touchdowns from his running back position.

"They're looking for a competitor. Someone who can be an asset to their team, who can go out there and play a couple different positions, and can be flexible on the field," said Archer.

Archer is one of several former Sacred Heart football players who have been participating in these camps with hopes of continuing their football careers.

"It's a bunch of guys fighting for a job. In a sense, it's a job interview," said Archer. "I trained for two or three months going into the pro day. My mind was set and I got a good night's sleep so I think I did pretty well. The next step is to keep training, keep working hard, and never give up."

NFL scouts are looking for more than just a stand out athlete. Participants in these pro days are asked to take the Wonderlic exam, which is a 50-question test that must be completed in 12 minutes to test an athlete's logic.

"Beyond a player's physical talents, scouts are looking for how a player interacts with other players, how well spoken a player is and if a player faces any adversity at his pro day, how that player will be affected by that adversity," said Billy O'Brien, a former Sacred Heart football player.

O'Brien was an outside linebacker and team captain for the Pioneers. He recorded 49 tackles his senior season. He also recorded four sacks, an interception, and a forced fumble. O'Brien participated



The Spectrum/Sean Elliott

Running back Marcel Archer (#3) take a handoff from quarterback Dale Fink.

in a Pro Day at Central Connecticut State University.

"It mocked the NFL combine almost to a T. There was no lag time between drills, no talking when other players were testing and the scouts were paying very close attention," said O'Brien.

After a successful career at Sacred Heart, O'Brien will continue training and attending pro days in hopes of achieving his goal of making it to a professional league.

"I preformed as well as I knew I could and I'm very happy with my results. The next step for me will be attending an NFL combine in Atlanta," said O'Brien. "It will be a good opportunity to get more exposure with 32 NFL scouts present, one

representing each team and other leagues such as the CFL and UFL as well."

After attending a pro day, athletes are to continue training in hopes of a call back with an invitation to a team's camp. Like with any other job interview, a pro day is just step one in the process of landing the job.

"It's great to pedal your wares and get out there and try and prove yourself to somebody, but now somebody has to like you. You've done what you can to that point," said Gorham.

"Did you impress somebody? If you did, you get another shot, which is actually getting to a camp. If you get into a camp and you continue to impress, then you get a chance to make the team."

Drehwing finds balance from clinical to turf

Kelly Welsh
Staff Reporter

Both a driven athlete and accomplished scholar, senior Elizabeth Drehwing tells how she managed to complete Sacred Heart's rigorous nursing program and play four years of Division I women's lacrosse.

"We have had nursing majors in the past, but those individuals have not been able to follow through with lacrosse for their four years at Sacred Heart University," said coach Laura Cook.

"I give Liz a lot of credit but knowing the type of person she is and her work ethic it is not surprising that she is not only able to juggle her academic workload while playing a Division I sport, but be extremely successful in both."

Some days Drehwing wakes up at 5:30 a.m. and does not return home until 8:30 p.m.

"I also worked some night shifts this semester from 7 p.m. to 7:30 a.m. This was difficult because I obviously did not get any sleep, but still would have class and practice the next day following my night shift," said Drehwing.

Since Drehwing has had clinical since sophomore year, this hectic schedule has become easier to deal with throughout her academic and athletic careers.

"I have grown accustomed to the early mornings and long days. I know what to expect and how to prepare," said Drehwing. "Time management is what

ultimately allowed me to be able to do everything that I wanted to do in college."

Drehwing complimented her professors and coaches in saying that "the coaches understand and promote that academics come first."

"The nursing program has been fantastic in accommodating me and working with me in scheduling clinical times and locations that helped me out even the slightest bit," said Drehwing.

Other nursing students give Drehwing credit for persevering and accomplishing her goals.

"Our work load was very demanding for the past four years. Whether it was attending classes, lab hours, clinical, group projects, individual projects, assessments or studying the work that never ended," said senior Shauna Sullivan.

Studying for classes and making practices put a tremendous amount of pressure and responsibility on Drehwing.

"There were definitely times I was so stressed and tired I did not know what to do with myself, but that is a part of life and you get through it," said Drehwing.

Drehwing has an exceptional work ethic that enabled her to handle her busy class and practice schedules.

"Every now and again she does miss practice in season due to a nursing class or a clinical but she is a hard worker and puts 110 percent in every aspect of her life," said Cook.

Nursing students Sullivan and senior Jessica Vlasak see Drehwing in the same



The Spectrum/Eddie Cacioppo

Senior Elizabeth Drehwing takes time from her busy schedule to pose for a photo.

light.

"I give Liz a lot of credit and have a lot of respect for all her accomplishments," said Vlasak. "She is an exceptional student-athlete, one of the few who has been able to manage a heavy workload and challenges of both lacrosse and nursing."

Sullivan stressed the difficulties that come with the nursing program.

"It is tiring to attend clinical for 12 hour shifts to come home to study and do more homework, and then attend a practice. I think that you build up your stamina

when this is the lifestyle you become used to and you are able to pull through," said Sullivan. "Liz did a great job at managing both nursing and lacrosse, she should be very proud of herself I know we all are."

Drehwing made recommendations for prospective students that desire to enter the nursing field and be a division one athlete.

"Stay organized and ahead of the game, I always looked a semester ahead to see where lacrosse panned out and which days I had available for clinical," said Drehwing. "By keeping open communication with my professors, clinical instructors and coaches, I was able to successfully do two things I love."

Drehwing's coaches worked extremely hard to accommodate her schedule all four years, because they desired to have such a driven individual on their team.

"The coaches were extremely understanding about my hectic schedule. They were very flexible with me in the sense that some days my schedule would change and I could not make it to practice that day," said Drehwing.

Being a captain for the women's lacrosse team, Drehwing further shows her leadership qualities. Being driven, persistent and focused enable her to be seen as a model figure on the lacrosse field and in the classroom.

"Her work ethic is second to none. She is a player that always puts the team first and never worries about personal achievements," said Cook.

BASEBALL STRUGGLES WITH LONG ISLAND

Eddie Cacioppo
Staff Reporter

The Sacred Heart Pioneers struggled last weekend in a four game series with the Long Island University Blackbirds. The Pioneers men's baseball team lost back to back on Saturday afternoons doubleheader, 6-3 and 3-0, and split Sunday's series.

The single win was in part due to the efforts of freshman pitcher Nick Leiningen.

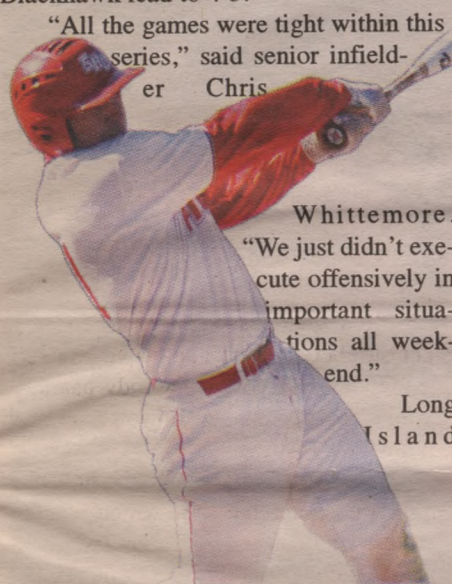
Leiningen pitched his first complete career game which garnered him his first career victory in a 4-1 game one. However, the Pioneers dropped 9-8 in Sunday's second game.

Last week's chilly Saturday marked the start of the Pioneers double header with Long Island.

The Blackhawks jumped out to a 3-0 early lead yet the persistent Pioneers rallied for three in the bottom of the second inning. Sophomore Dave Boisture was able to drive in two runs with a pinch-hit double to the right field wall.

Thanks to an on-field error Boisture was able to cross home plate, cutting the Blackhawk lead to 4-3.

"All the games were tight within this series," said senior infielder Chris



Whittemore. "We just didn't execute offensively in important situations all weekend."

Long Island

answered back with a run in the eighth inning on an RBI single from Albert Faz.

The Blackhawks were able to capture another run early in the ninth from a double steal. Tyler Jones attempted to steal second and was quickly picked off. However, this allowed Sam Sciamarelli to score off of his steal from second base, leading Long Island to a 6-3 victory.

"Our defense was sloppy at times," said freshman outfielder Conor McEvoy. "It's hard to win when you give away too many extra bases and runs."

The Blackbirds started off game two similar to game one, scoring all three of their runs in the first inning, on a two-run single and an RBI ground out.

Despite a 3-3 performance by graduate student JJ Edwards, the Pioneers were unable to score off of Long Island's starter Matt McCormick, who tossed six scoreless innings for the shutout, allowing just five hits.

The Pioneers offense couldn't capitalize and were held back due to key injuries.

"The team had a few key injuries," said senior catcher Steve Armato. "Our short stop, John Murphy, went down with a foot injury on Saturday and Rocco Gondek, our right fielder, is also down with a lower leg injury."

The end of Saturday's games saw impressive pitching from sophomore John Hermanson, who threw three shutouts, with just one hit allowed.

Steve Tedesco extended his hitting streak to 12 games with a single in game one. However, it fell in game two as he didn't record a hit.

"We have a huge hole to climb out of if we want to make the conference tournament," said senior catcher Greg DePalma. "We have to start playing much better."

Sunday's games began much better for the Pioneers with Leiningen going seven innings, scattering three hits, allowing just one unearned run as well as marking up three strikeouts and three walks.



The Spectrum/Zack Lane

John Hermanson throws a pitch in last weekend's game vs. Long Island.

After a two out rally resulted from a sac-fly in the third, the Pioneers tied the game the next half inning.

Sacred Heart took the lead in the fourth, taking advantage of a bases-loaded two-out error when the Blackbird's first baseman misplayed a ground ball from Dan Perez, allowing two runs to score. Schifano followed with an RBI single deep into center field to give the Pioneers a 4-1 lead.

"Basically we just have to get ready for Iona Tuesday and then need to have a big weekend, the seasons on the line," said senior MJ Schifano.

In game two, The Pioneers opened the scoring in the first when Tedesco came home on a double play by JJ Edwards.

Long Island came back with three in the second on four straight two-out hits, including an RBI single by Leonello and a two-run single by Sam Sciamarelli. McEvoy cut the deficit to 3-2 with a two-out RBI single to center field in the bottom of the second.

Sacred Heart tied the game in the fourth with two runs on a Dave Boisture RBI double to right and run's coring error.

However, the Blackbirds retook the lead the half inning later with two runs on Tyler Jones' RBI triple and sacrifice fly by Drew Walsh.

Pete Leonello's bases-loaded two-run double in the eighth regained Long Island's 8-7 lead. The Blackbirds added another when Brad Grieve raced home on a passed ball to make it a three-run inning and give the Blackbirds a two-run lead.

"We play Quinipiac next weekend who's 7-1 and so we are basically fighting for our playoff lives this weekend to have a realistic chance," said Armato.

The Pioneers are back in action this weekend as they hit the road for a four game series with inner state rival, the Quinipiac Bobcats.

This article was contributed to by Sports Editor Dan Graziano

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PIONEERS DROP THREE

Sophomore John Murphy throws out a runner at first base in last weekend's game against Long Island.

The Spectrum/Zack Lane